

Corn Casserole

Makes: 6 Servings

This simple casserole can be served for breakfast, lunch, or a side dish. For a main dish, add 1 cup of cooked chicken or ground beef.

Ingredients

- 2 eggs
- 2 **cans** cream-style corn (15 ounces)
- 1/2 cup** minced onion
- 2 **teaspoons** sugar
- 1 **cup** bread crumbs

Directions

1. Preheat oven to 350°F.
2. Beat eggs in a bowl.
3. Add corn, minced onion, sugar, black pepper and half the bread crumbs.
4. Stir and put into a greased 8x8 baking dish.
5. Sprinkle remaining bread crumbs on top of the casserole.
6. Baked at 350°F for 30 minutes.




Notes

For a main dish, add 1 cup cooked chicken or ground beef.
 For variation, add a can of green chile peppers.
 Can use leftover cornbread or croutons for crumbs.
 Top with cheese if desired.

Nutrition Information

Nutrients	Amount
Calories	203
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	550 mg
Total Carbohydrate	41 g
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars included	1 g
Protein	7 g
Vitamin D	0 IU
Calcium	48 mg
Iron	2 mg
Potassium	261 mg
N/A - data is not available	

MyPlate Food Groups

	Vegetables	1/2 cup
	Grains	1 ounce
	Protein Foods	1/2 ounce